



Lufkin Masters Swim Meet

January 29th, 2011

Hosted by: ETEX Masters

Lufkin, Texas



Location: Lufkin Swim Center, 909 S. Angelina St., Lufkin, TX

Directions: **From Highway 59 North:** When entering Lufkin stay on 59 (Timberland Dr). Take a right on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.

From Highway 59 South: When entering Lufkin stay on 59 (1st St.). Take a left on to Denman Ave. Take a left on to Angelina St. The pool and the club will be on your left.

Parking: Parking around the Boys & Girls Club will fill up fast so there will be additional parking at the library next door.

Facility: Lufkin Swim Center is an eight lane, 25 yard indoor pool. The pool dept ranges from 4 feet to 8 feet. A new Colorado Timing System and touch pads will be used. The facility has limited seating available on deck. Lawn chairs, tents, and coolers are welcomed.

Warm-up: There will be one 60 minute warm-up session conducted in all eight lanes. During the last 15 minutes of warm-up lanes 1 and 8 only will be open for starts.

During the competition Lanes 7 and 8 will be used as warm-up and cool-down area.

Warm-up: 10:00 to 11:00 am

Meet Start: 11:30 am

Rules & Regulations: All rules are set by the USMS. Current USMS safety guidelines and warm-up procedures will be in effect at this meet. Any damage to the facility will cause the offending swimmer to be held accountable. Times achieved at this competition will not be submitted for USMS Top Ten or record consideration.

Scoring & Awards: Ribbons will be awarded to the top 3 swimmers in each event. Although we try to have awards ready by the end of the swim meet please be patient if we are running behind.

Hospitality: Snacks and drinks will be offered to anyone helping time or run the swim meet. Our hospitality room is located on the southeast corner storage room of the pool deck.

Timers: We encourage anyone that wishes to help time to please see our head timing official anytime during the meet.

- Sanctions:** Sanctioned by Gulf LMSC for USMS, Inc, Sanction # 251-001 Times achieved at this competition will not be submitted for USMS Top Ten or record consideration.
- Entry Limit:** Swimmers may swim a maximum of 5 events. Submit current best times, in yards. All events will be swum from slowest to fastest. All swimmers must be 18 years or older and currently registered with United States Masters Swimming (USMS).
- Entry Fees:** Entries for this meet will be \$10.00 per swimmer. All late entries will be \$20.00 per swimmer and accepted up to 30 minutes prior to the start of the meet. Late entries/on deck entries will only be entered where there is a blank spot in an event. Make checks or money orders payable to: **Boys & Girls Club of Lufkin**
- Entry Deadline:** To avoid late entry fees, all entries are due by **Saturday, January 22nd** Fees shall be mailed and postmarked by entry deadline to:

Boys & Girls Club of Lufkin
Attention: Lufkin Masters Meet
P.O. Box 631345
Nacogdoches, TX. 75963

Further Information: Meet Director – Erik Cozadd aquatics@bgcdet.org

Lufkin Master Swim Meet
Saturday, January 29th, 2011
Swimmer Information & Release Form

Please type or print clearly

Today's Date _____

First Name _____ Middle Initial _____

Last Name _____

Mailing Address _____

Phone Number _____

City _____ State _____ Zip _____ Email _____

Birth date
Month _____ Day _____ Year _____

Gender (please circle) Male Female

USMS Swimming ID _____

T-shirt (please circle)
Adult sizes: small medium large x-large

USMS & Boys & Girls Club Waiver of Release

"I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS OR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

Sanctioned by Gulf Local Masters Swimming Committee, Sanction # 259-008

REQUIRED - Attach a copy of your USMS registration below:

Lufkin Master Swim Meet

Saturday, January 29th, 2011

Swimmer Entry & T-shirt Form

List of Events: Please check up to 5 races to be entered:

Entry Time:	Woman's Events	Events Descriptions	Men's Events	Entry Time:
_____	1	500 Free	2	_____
_____	3	100 Breast	4	_____
_____	5	200 I.M.	6	_____
_____	7	50 Free	8	_____
_____	9	100 Back	10	_____
_____	11	200 Fly	12	_____
_____	13	50 Breast	14	_____
_____	15	100 I.M.	16	_____
_____	17	200 Back	18	_____
_____	19	200 Free	20	_____
_____	21	100 Fly	22	_____
_____	23	50 Back	24	_____
_____	25	200 Breast	26	_____
_____	27	100 Free	28	_____
_____	29	50 Fly	30	_____
_____	31	400 I.M.	32	_____

Fees due by **Saturday, January 22nd** Make checks or money orders payable and mail forms to:

Boys & Girls Club of Lufkin
Attention: Lufkin Masters Meet
P.O. Box 631345
Nacogdoches, TX. 75963

T-Shirt Fee (\$10) \$ _____
 Entry Fee (\$10) \$ _____
 Late Entry Fee (\$20) \$ _____
Total Fee Due \$ _____